



**THE SUPREMACY TROPHY**, here presented by General Superintendent Nelson Kessell to E. D. Bagwell (right), of SYC Weaving, represents the highest number of awards won by a department during the year. When Weaving captured the top-honor cup this year, it broke a tradition which had been established by Spinning, which had won it for the past nine years. In 1945, Spinning tied with Twisting for the trophy.

## From All-Sports Banquet: These Top Awards

At the 21st annual All-Sports Banquet this spring, more than 200 employees played the role of champions, when they were recognized for their participation in the sports and recreation program during the past year. Prizes ranged from a premium for the person who caught the largest fish, to the Supremacy Trophy—symbol of top excellence in the largest number of recreation activities. Pictures here represent some of the most-publicized awards.

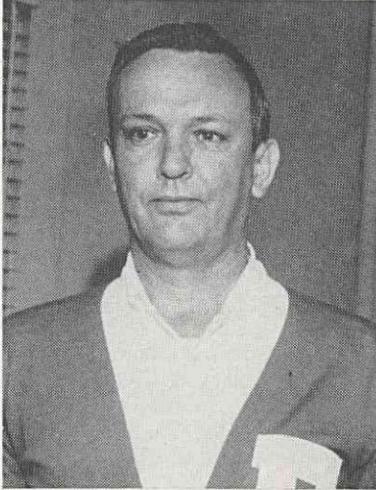
Each year, employees who participate in the sports-recreation program choose, by secret ballot, four men and four women as "Ideal Athletes," representing all three shifts at the plant. Those honored are selected on the basis of recreation participation, sportsmanship and outstanding attainment. Below are the "Ideal Athletes of 1956."



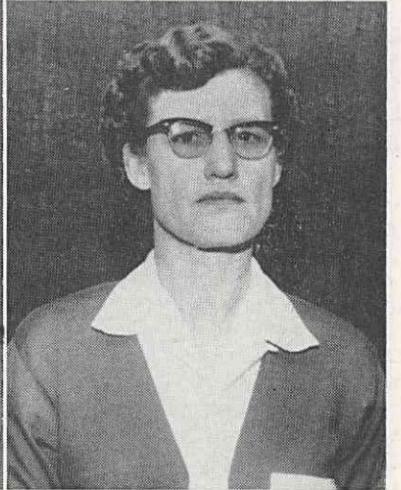
**MOST COMPETITIVE Athletes**—Each year Recreation Director Ralph Johnson selects two employees, a man and a woman, for their display of the most competitive spirit in sports participation. This year they are Earlene Creasman and Charles Ballard.



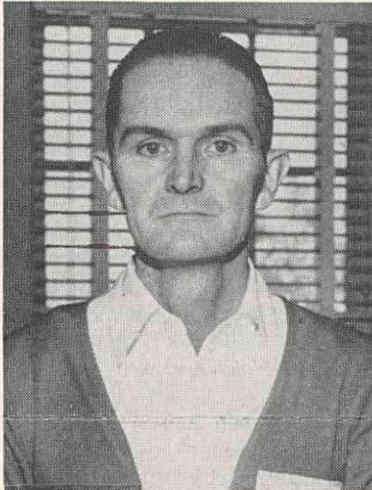
**Alma Westbrook**  
Spooling



**Mull Ramsey**  
Recreation



**Maude Peeler**  
Spinning



**J. C. Westbrook**  
Spooling



**Flora Pence**  
Industrial Relations



**Bill Caskey**  
Carding

## To Turn Ideas Into Suggestions . . .

In pensive mood? Have an idea that you think is worthwhile?

Then "sell" it to your Company by this step-by-step procedure:

Know your subject—Do you have good reason to think your idea would lead to an improvement, or to a better way? Has it been tried before? Is it a practical idea? If it will save

money, can you prove it?

Write it down—Figure it out and state it on paper as plainly as you can. Polish the wording until it says what you want it to say. Then put it aside for a while. Go back to it and recheck it, thinking it through again.

Count the cost—If your suggestion involves costs, figure them as against the present way of doing the job to which your

idea pertains. Rough estimates are good enough for this.

Write up the form—Put your idea down on the specially-prepared Suggestion Blank available at many points throughout the plant. Write as legibly as you can, or use a typewriter. Give as many details as you are able. Include drawings if you can better explain your idea through them. Rough sketches are usually good enough to put the point across.

In case your idea turns out to be one that calls for further explanation, be prepared to give more details if called upon.

Send it on its way—Drop your suggestion into the nearest box provided for it.

## Prevention Best As Firefighter

The only sure way to win the fight with fire is to defeat it before it starts.

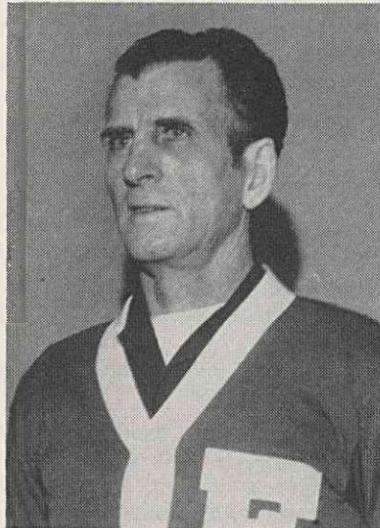
Springtime is a good season in which to concentrate on cleaning out trash, old clothing, boxes and newspapers in the attic,

closets and basement.

Dispose of flammable items. If you must have them around, put oily rags and clothes in closed containers — preferably metal ones.

Get rid of dried grass and leaves that have remained through the winter.

Defeat fire before it strikes. A clean house is less apt to burn.



**Max Carey**  
SYC Weaving



**Doris McCready**  
Main Office

## Free CD Communications Instruction Available Through Local Radio Club

Interested in amateur radio—the type that will help strengthen the defenses of your country?

The Gaston Amateur Radio Club, in cooperation with Civil Defense, is sponsoring a free program of instruction for radio operators. It is intended to provide trained personnel for operating emergency defense stations to be set up in all towns of Gaston County.

The course of study is designed to prepare operators for obtaining a Novice class license issued by the Federal Communications Commission, which permits restricted operation in some of the amateur radio bands. Instruction will also qualify op-

erators who have special security clearance and are registered to operate on the Civil Defense radio networks over the county and state.

The free course will consist of two parts: Code, and Theory and Law. Several persons already have begun code training in

practice sessions held in the Recreation Building of First Wesleyan Methodist Church, Franklin avenue and Church street, on Saturday afternoons beginning at 3 o'clock.

If you are interested in this free instruction, you may contact Oscar Norris of amateur station W4OXH, telephone VA 4-1873. Or, go direct to the classes now in progress on Saturday afternoon at First Wesleyan Church Recreation Building.



★ ★ ★  
**Twenty-seven guests helped Cathey Shields celebrate her fifth birthday last month. Festivities were complete with ice cream, cake, candy, soda pop, party hats and balloons. Cathey is the daughter of Ray Shields, utility man in SYC Weaving, and Mrs. Shields of 1109 West Fourth Avenue.**  
★ ★ ★

Phillips Brooks, the renowned New England preacher, was widely-known for his poise and ability not to become perturbed by the cares of life. But his intimate friends knew that sometimes Dr. Brooks suffered moments of frustration and irritability.

Finding him peevishly pacing the floor one day, a visitor asked: "What is the trouble, Dr. Brooks?"

"The trouble is," Brooks replied, "that I'm in a hurry—but God is not."